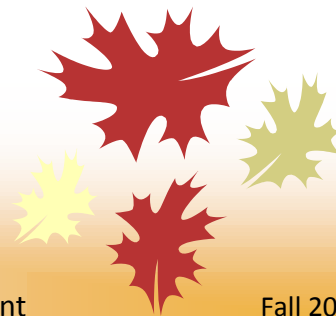




MINNEAPOLIS Health IN THE CITY



A quarterly update from the Minneapolis Health Department

Fall 2014

Broad North Minneapolis greenway engagement yields higher response rates

Since 2012, the Minneapolis Health Department has been engaging North Minneapolis residents on converting low-traffic streets into a greenway, a park-like trail for biking, walking, and recreation that could also feature community gardens and public art. In the spring and summer of 2014, the City collected community input on a proposal for a 30-block greenway route that travels primarily on Irving and Humboldt Avenues North. Resident surveys showed strong interest in a greenway with 70 percent of respondents supporting the idea compared to 17 percent who opposed it.

This round of community engagement was much more inclusive than previous efforts in 2013, which relied on surveys conducted online and at community meetings. This time, a more comprehensive engagement process was designed in partnership with a community-based steering committee, Minneapolis Public Works, and the nonprofit Alliance for Metropolitan Stability. The process provided small grants to 13 neighborhood and cultural-based organizations to conduct targeted outreach with more diverse engagement techniques such as door-knocking, working with youth to create media products to inform friends and family of the project, and even a three-on-three basketball tournament.

The broader engagement resulted in more than 2000 people responding, compared to fewer than 400 in 2013. The 2014 respondents were also more diverse: 55 percent were people of color, and 26 percent of those living directly on the route were renters versus 4 percent in 2013. Based on these results, the Health Department and its partners will continue community-led engagement with residents living directly on the route to get a better understanding of how their ideas, questions, and concerns can be addressed.

Funding for this project is provided in part by the Center for Prevention at Blue Cross and Blue Shield of Minnesota as part of Blue Cross' long-term commitment to tackling the leading root causes of preventable disease: tobacco use, lack of physical activity and unhealthy eating. For more information, contact Sarah Stewart at 612-673-3987 or sarah.stewart@minneapolismn.gov.

Improving clinic pediatric obesity care

Through Statewide Health Improvement Program or SHIP funding, the Health Department is helping improve pediatric obesity care through the Minnesota Partnership on Pediatric Obesity Care and Coverage (MPPOCC). MPPOCC members include pediatricians, health plan and public health representatives, and community-based service providers. Because of reimbursement issues, clinics have not uniformly provided best practice obesity prevention or treatment services for children. MPPOCC examined clinics' experiences in receiving insurance reimbursement for pediatric obesity services, and provided guidance on best practices and coverage.

MPPOCC found that sufficient obesity prevention billing codes exist and that children don't need to have an existing disease such as diabetes to have clinical services covered. Moreover, services are provided for children on public programs without copays or coinsurance. Clinic billing staff are also encouraged to follow up on denied claims since many of these claims can be processed. Next steps include identifying a means for community-based programs that provide nutrition services or physical activity programming for families to receive reimbursement through the health care system. Visit the MPPOCC website for more information on these findings.

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Staple Foods Ordinance significantly strengthened

On October 31, the Minneapolis City Council approved important changes to an innovative 2008 Staple Foods Ordinance, which will significantly increase the amount of healthy food options available in licensed grocery stores. The changes expand required staple food categories, set minimum quantities in each category, provide better quality standards for fresh produce, and clarify which stores would be exempt. For instance, a store must provide 30 pounds or 50 items of fresh and/or frozen produce with no added ingredients.

Minneapolis is the only city in the U.S. to have staple food standards for licensed grocery stores, and these changes create a strong, comprehensive policy that can serve as a model for other cities seeking ways to protect and promote residents' health. Changes will go into effect in April 2015, although enforcement will not begin until 2016 in order to allow stores ample time to comply with the new standards. A comprehensive package of resources and technical assistance will be available to support Minneapolis business owners in meeting the requirements. Support will include educational materials, free trainings and supplies, access to low-interest equipment loans, connections to healthy food distributors and local farmers, and consultations from grocery merchandising experts. Grocery store owners will be invited to attend a general information session about the changes in December 2014, and additional information will be distributed to businesses early next year.

Strengthening the ordinance will help ensure that all residents have access to healthy food options no matter where they shop. Limited access to healthy food contributes to poor nutrition and health problems such as obesity, heart disease and diabetes. Residents in lower income neighborhoods and communities of color must often rely on non-traditional grocery stores such as corner stores, gas stations, dollar stores and pharmacies to meet their food needs. Customer demand for better options is increasing, with more residents seeking out healthy, affordable, convenient food in their neighborhoods.

The Staple Foods Ordinance is one part of a comprehensive approach to address limited access to healthy foods across the city. Government, schools, nonprofits, neighborhoods and hospitals are working to improve the availability of healthy foods and provide nutrition education to promote better health for all Minneapolis residents. This approach incorporates businesses as part of the solution to building a healthy, thriving city; it also supports the City's health goal of focusing on the well-being of people and the environment. For more information, please contact Kristen Klingler at 612-673-2910 or kristen.klingler@minneapolismn.gov.

HEALTHY CITY UPDATES:

Metro SHAPE Survey

Over the next several months, the Survey of the Health of All the Population and Environment (SHAPE) will be taking place with people in 60,000 households across the metro area. SHAPE has been conducted periodically over the past 15 years, with participants providing vital information about the factors and trends affecting the health of adults living in the area. The SHAPE data helps local public health, human services, and nonprofit agencies understand current health trends among adults in their communities so they can develop ways to improve residents' health such as increasing opportunities for physical activity, expanding access to healthy food, and reducing tobacco use. The Health Department will partner with seven other metro public health departments to conduct the survey; SHAPE results are expected to be available in spring 2015.

Recent site visits from national partners

The Health Department participated in four separate site visits with the following national partners: Office of Management and Budget, U.S. Department of Housing and Urban Development (HUD), the National Forum to Prevent Youth Violence and the Pew Charitable Trust. In August, a key advisor to President Obama from the Office of Management and Budget visited with Minneapolis Health Commissioner Gretchen Musicant and toured Hamilton Manor, a Minneapolis Public Housing Authority property, to learn about the implementation of a smoke free policy, community gardening and active living efforts of the residents. In September, HUD sent a team to conduct a site visit to review the Department's grant funded Healthy Homes and Lead Hazard Control work. In late September the National Forum on Youth Violence Prevention came to Minneapolis to conduct a required annual site visit and was impressed with the citywide efforts being made to impact the issue of youth violence prevention. Lastly, the Pew Charitable Trust visited Hamilton Manor to learn about the MPHA smoke free housing policy and a local convenience store regarding the Staple Foods Ordinance.

Partnership to study gardening with Biochar



Mayor Hodges and

Shakopee Mdewakanton Sioux Community Chairman Charlie Vig signed an agreement on September 2 to partner on a study about the benefits of gardening with biochar. Minneapolis is one of the first cities in the U.S. to study the benefits of biochar. The focus of this demonstration project is increased access to locally grown food for historically underserved communities, including American Indians.

URBAN HEALTH AGENDA: Public Housing residents see health benefits from smoke-free policy

Only a few months after the Minneapolis Public Housing Authority's (MPHA) smoke-free policy went into effect, residents report a 50% reduction in exposure to secondhand smoke and a significant reduction in smoking. The policy prohibits smoking tobacco products, using e-cigarettes, and burning incense in residents' individual units. MPHA passed the policy in 2012 and began implementing it across 36 of its 42 high rise buildings.

The results come from pre- and post-surveys conducted with residents in seven buildings that implemented the policy during summer 2013. About two months before the survey, 31% of residents reported daily or weekly exposure to secondhand smoke, with as many as 48% of residents experiencing exposure in one building. About six months after the smoking ban, weekly or daily exposure dropped to 16%, a 50% reduction.

To support residents through the process of going smoke-free, the Health Department and the Association for Non Smokers visited 35 buildings to explain the policy to residents. The department also engaged the American Lung Association (ALA), which conducted 25 resident meetings to explain smoking cessation and the resources available to them. In buildings with many East Africans, ALA brought Wellshare International staff to interpret. ALA also brought a tobacco cessation expert and community health worker from Neighborhood Health Source to answer cessation questions and make clinic referrals for people interested in nicotine replacement products. The Health Department funded Volunteers of America to provide ongoing linkage services to residents who want to quit smoking. The Minneapolis Health Department and these organizational partners received a 2014 Community Health Award from the Minnesota Department of Health for this collaborative effort.

Results from the pre- and post-surveys showed that the "everyday" smoking rate across the seven buildings dropped from 19% to 10%. The University of Minnesota's School of Public Health is currently conducting interviews with residents to determine how the policy affected their smoking behavior. Funding for the MPHA smoke-free policy implementation and cessation support comes from the Centers for Disease Control and Prevention's Community Transformation Grant. For more information, please contact Lara Pratt at 612-673-3815 or lara.pratt@minneapolismn.gov.

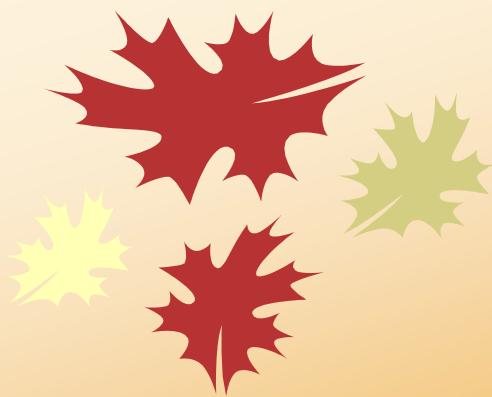
Somali food safety forum

This past August, the Health Department's Food, Lodging and Pools staff met with over 60 business owners and operators in the Somali community to establish better relationships and bridge cultural and language gaps. Staff addressed concerns about restaurant inspections and shared new educational tools developed by the Health Department to help business owners and managers get better results on health inspections. City staff from Business Licenses and Consumer Services presented information on various licensing and business requirements such as applying for permits, picking up exterior trash, and preventing loitering. In addition, Fire Department staff talked about the requirements for exhaust hood cleaning in restaurants and fire suppression.

Many Somali community members expressed their appreciation to the City for hosting the meeting and there was mutual agreement that a regular quarterly meeting on this topic would be beneficial; the next meeting is tentatively scheduled for December 2014. Information shared at this forum is also available on the City's website.



At a recent health department event at Mercado Central, staff conducted outreach on lead poisoning prevention where children received blood lead tests. Families brought their traditional cookware to be tested for lead, as seen with this photo of a mother and child who exchanged their lead-glazed bean pot for a new, lead-free pot.



Gretchen Musicant, Health Commissioner

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250 South 4th Street, Room 510
Minneapolis, MN 55415
612-673-2301

New funding awards:

- A \$3.4 million grant from U.S. Department of Housing and Urban Development was awarded to the Health Department to make 280 low-income homes safer. While \$3 million is earmarked for lead-based paint hazard control for homes of young children who have already become lead poisoned, \$400,000 will be used for Healthy Homes interventions for the same homes to address other health and safety hazards such as smoke/carbon monoxide detectors, missing handrails, roof leaks, plumbing leaks, and electric hazards.
- The Minnesota Department of Health awarded the Lead and Healthy Homes team \$10,000 for a pilot project to decrease health inequities in the Hispanic community through community engagement. The pilot will feature in-home “parties” among Latinas in an effort to educate friends and family about the unique challenges of maintaining homes in a cold climate including mold, ice dams, freezing pipes, water intrusion, pests, toxins, radon, carbon monoxide, fire safety, and other issues.
- The National Forum on Youth Violence Prevention, a project of the Federal Office of Juvenile Justice and Delinquency Programs, refunded the Health Department \$122,200 for a second year. In 2015, the funds will continue to focus on community outreach and raising awareness about youth violence prevention. A task force of experts will be recruited to help weave early childhood exposure to violence into current youth violence prevention work. Lastly, the Department will develop capacity building opportunities with organizations focused on youth violence prevention.

STAFF UPDATES

“Living our Values” award winners

The Health Department’s quarterly award, “Living our Values,” honors staff for their outstanding work and are nominated by their peers.

Sasha Cotton: Engage with the Community

Jared Erdman: Exercise Leadership in Public Health and Quality Inspires our Work

Molly O’Brien: Engage with the Community

Ricky Sikorski: Quality Inspires our Work

Lisa Smestad, Hannah Henscheid and the entire Lead Team: Exercise Leadership in Public Health

Chiung Wang: Invest in a Healthier Community

New Employees:

Nicole Elliott is working with the School Based Clinic program and will work on policies to improve sexually transmitted infections prevention and youth engagement efforts.

Anthony Johnson will spend a year on the Healthy Living team and a second year with Environmental Health.

Christine Ganim will spend her first year with Emergency Preparedness and the second year with Environmental Health.

Kristen Tharaldson has been hired to coordinate the Healthy Start grant. She comes to the Health Department with 11 years of public health experience as a Senior State Planner coordinating Rural Health and Primary Care. She has been a past volunteer with Healthy Start’s birthing project and is a doula.

Vish Vasani, completed her three year Public Health Prevention Service fellowship with the CDC on October 12, 2014. Vish helped coordinate Home-grown Minneapolis and Healthy Living projects. She has been hired as a Public Health Specialist II working on SHIP projects.

Rick Carlson joined the Research Evaluation Division as a Senior Public Health Researcher/Epidemiologist after working as an Epidemiologist at the Minnesota Department of Health. He graduated from the University of Minnesota with a MPH in Epidemiology and from the University of St. Thomas with an MA in Teaching.

Nick Yates started in the Administration Division as a Program Aid II and will be working with the Emergency Preparedness Team along with developing the Department’s web site and coordinating social media.

New interns:

The Health Department welcomes the following interns to the School Based Clinics:

Thandeka Chiinze, University of St. Thomas, Counseling Psychology

Ashley Cooper, Bethel University, Counseling Psychology

Ricky Messman, Augsburg College, Social Work

Jenna Penrod, studying addiction, psychology and public health, University of Minnesota

Carla Wilson, University of Minnesota, Social Work

Chris Wilson, University of St. Thomas, Counseling Psychology

Clarence Yaskey, completing a MPH from Des Moines University is working on Emergency Preparedness.

Staff transitions:

Ken Smith has transferred from working with the Healthy Start program to a Public Health Specialist II/Administration position to oversee the Department’s contracting process, grant development, data privacy and data practices expert, among other duties.

Dawn DiMartino has moved from Office Support Specialist II position to a med tech job and works at the Edison School Based Clinic.

Departing employee:

Farewell to former Healthy Start Project Director Angela Watts who has left the Health Department for other opportunities.

Kate Bots, RN left the department in October to take a job with Stearns County as a case manager for high risk populations.